

FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

Put your best foot forward

THIS NATIONAL WALKING DAY



April 2nd is National Walking Day! It's a great chance to start a simple habit that's good for your heart. Just 10 minutes of walking daily can improve heart health, boost your mood, and help you stay healthy. Every step counts, whether at home, in your neighborhood, or at work!

How do I get started on a walking routine?

Getting started is easy! Here are a few simple ways to make walking a part of your day:



Set a goal

Start small with 5-10 minutes and gradually increase your time.



Include it into your routine

Walk during lunch breaks, take the stairs, or park farther from entrances.



Make it social

Walk with a friend, family member, or pet to stay motivated.



Track your progress

Use a pedometer or fitness app to celebrate milestones.

National Walking Day is the perfect time to take the first step toward better health—one walk at a time!



Stay comfortable

Wear supportive shoes and dress for the weather to enjoy your walk.

Not sure how often to walk or for how long?

No problem. Use this walking program as your guide and then adapt it to your needs.

Tip: Remember to also do strengthening activities each week and to warm up and cool down by walking slowly for 5 minutes before and after walking briskly.

		Pace	Time Each Day	Number of Days	Total Time For the Week
Month 1	Week 1	Slow	10 minutes	4 days	40 min
	Week 2	Slow	10 minutes	4 days	40 min
	Week 3	Slow	15 minutes	5 days	1 hr 15 min
	Week 4	Slow - Brisk	20 minutes	5 days	1 hr 40 min
Month 2	Week 5	Brisk	30 minutes	5 days	2 hrs 30 min
	Week 6	Brisk	25 minutes	6 days	2 hrs 30 min
	Week 7	Brisk	30 minutes	5 days	2 hrs 30 min
	Week 8	Brisk	35 minutes	5 days	2 hrs 55 min

It is good to start slow and for at least 10 minutes at a time. Pick up your pace after a few weeks.

Work up to walking for at least 2 hours and 30 minutes each week.



Ready to get movin'?

LET'S STRETCH!

Did you know? It's always a good idea to stretch your muscles before any movement or exercise:

- Prepares your muscles and joints for activity
- Increases blood flow, which warms up your muscles and makes them more flexible
- Reduces the risk of injury and improves your range of motion
- Makes your workout more effective
- Improves your posture and can boost your overall performance
- Mentally prepares you by signaling to your body that it's time to move

Ready to get started?

Join our Virtual Fitness Class:

Stretchin' & Flexin'

every Thursday from 3:30 p.m. - 4:30 p.m.

[TO RSVP CLICK HERE](#)

For more ways to get active, register for our in-person and virtual exercise programs at HealthyWayEvents.com.

It's stinking good (and good for you)



Get ready to clove your way to better health because **April 19th is National Garlic Day!** Known as "The Stinking Rose" for its bold aroma, garlic isn't just great for spicing up your meals—it's also a heart-healthy powerhouse that can boost your immunity. Whether you roast it, toss it in sauces, or stir it into dressings, garlic makes everything taste better. **Try out this flavor-packed Roasted Cherry Tomatoes with Rosemary & Garlic and enjoy the tasty benefits!**



[Peel off the full recipe here!](#)